



# MACKILLOP NEWSLETTER

VOLUME 11 2015, 24 JULY

## PRINCIPAL'S LETTER

Dear families, students and friends,

### Welcome to Term 3

Welcome back to Semester 2, particularly to Year 12, who embark upon their final semester of secondary education, following splendid Semester 1 reports for so many of them. Year 12 embark on their Retreat in Week 3. The College wishes them the best for a rich, seminal, and memorable experience. Please keep them in your prayers.

I hope all students enjoyed a restful break and have returned with enthusiasm for the term ahead.

### Culinary Champions

Congratulations to Year 10 students Claire Lonie and Katelyn Twiss, who were named ACT champions in the Australian Culinary Federation's Secondary Schools Cooking Competition at CIT Reid on the last day of Term 2. Congratulations also to their food technology teacher Mr Justin Kain, who helped the girls to prepare for the competition.

Claire and Katelyn claimed the gold medal for their panko-crusted ocean trout with lemon gel, miso foam, and coriander caviar. They will now go on to represent the ACT and Australia at the International Secondary Schools Culinary Challenge in Tahiti this October.

Claire and Katelyn were also part of the team of four Year 9 students who won the ACT Teen Chef competition last year.

### Japan Trip

Thank you to teachers Andrew Mitchell, Sandy Duncan, and Monica Bailey, who journeyed with 16 students to Japan during the school holidays. The tour party travelled to the Oki Islands to visit MacKillop's sister school. I have been told that the tour was a great success - you can read more about it elsewhere in the newsletter.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

## PRINCIPAL'S PRAYER

Lord, we give thanks for the life of Alby Schultz, Liberal Member for the Federal seat of Hume from 1998-2013, a servant to his constituents, and a great supporter and enthusiast for many Catholic schools of our Archdiocese within his electorate. We pray that your comfort visits his wife Gloria and his family. May his memory be blessed. Amen.

## UPCOMING EVENTS

AUG  
TUESDAY

04

- UAC Information Evening

AUG  
WEDNESDAY

05

- Year 12 Retreat begins
- Semester 1 Awards (W)

AUG  
THURSDAY

13

- Moderation Day
- Year 12 AST Trial

AUG  
MONDAY

17

- College Musical begins

SEP  
TUESDAY

01

- Year 12 AST Sessions 1 & 2

# COLLEGE NEWS

## School Fees

Term 3 Fees have now been sent out. Fees are to be paid by 7 August 2015 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

*Michelle Predovan, Fees Manager*

## ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students.

Eligibility requirements and application forms are available online at <http://www.det.act.gov.au> and by following the links located at the top of the home page - School education/starting school/financial assistance for families.

For further information please ring the Bursary Administrator on 6205 8262.

*Michelle Predovan, Fees Manager*

## College Musical: Legally Blonde Jr



The musical is on this August, with five shows running from Monday 17 August to Friday 21 August. All performances will take place at the Wanniasa Campus Theatre and will begin at 7.30pm. Tickets will be available from the Front Office of each campus from Monday 27 July. Prices are \$10 for student/concession and \$15 for adults. The canteen will be available during the intermission and each show should be completed by 9pm.

## Future Stars

Jasmine Fraser and Amber Brophy (Year 9) are attending the Netball Nationals in Sydney in August.

Jackson Holdway (Year 9) has been selected in the NSW state squad for Waterpolo.

Will Brown (Year 7) was selected in an U14's soccer team to tour and compete in England during July 2015. He was based at Chelsea Football Club and was very lucky to be trained by coaches from the Chelsea, Tottenham, and Fulham football clubs.

Thomas Seaman (Year 10) competed at the Australian Junior Indoor Cricket Championships in Brisbane during the school holidays.

Aidan Perry (Year 8), Sophie Highmore (Year 9) and Mikayla Pullin (Year 12) are part of the Legs dance team that has been invited by the Chinese government to perform at the Children's Cultural Festival in Tianjin in late July 2015.



## Japan Trip

On 28 June, a group of 16 students accompanied by 3 teachers left the sunny shores of Australia for the adventure of a lifetime. Mr Mitchell had organised countless cultural activities for the students to participate in, and they couldn't be more excited. Across 20 action-packed days, the students had the chance to experience some unique activities in a number of cities across Japan. The highlight for most of the students was the home stay in Oki. This gave the students the chance to truly immerse themselves in a different world, learning about multicultural co-operation every step of the way. Another exciting part of the trip was visiting different Japanese high schools, where the students marvelled at the opportunity to experience something so different to what they are used to. They all made great friends, teaching the Japanese students about popular Australian objects and phrases, in return learning about Japanese traditions from someone their age (as opposed to all the adults they were used to listening to!). Those students learning Japanese had the perfect opportunity to hone their Japanese skills and were all glad to be able to put these into action at last! The trip was an unforgettable experience for all, filled with activities that were simultaneously educational and enjoyable (much to the surprise of the students). On behalf of the students, a huge thank you to Mr Mitchell for organising such a great trip, and of course to Mr Duncan and Mrs Bailey for all their help. It was unbelievable, and we are all so grateful for the memories we made over the best 20 days of our lives.

*Abigail Maminimi*

## USA Science Tour 2016

The Science Department is currently looking at the possibility of a school tour to the USA in conjunction with Trinity Christian School. The tour would take place during the school holidays in September next year and would involve visits to the Everglades, the NASA Space center and the Smithsonian museums in Washington. It is expected to cost approximately \$6000. Students are asked to provide an expression of interest in the tour to Mr Mike Brennan at [mike.brennan@mackillop.act.edu.au](mailto:mike.brennan@mackillop.act.edu.au). Expressions close Friday 31 July.

*Mike Brennan, Science Coordinator*

## Pacific School Games Swimming

Any student who swam at the 2015 ACT Schools Swimming Championships in May is eligible, provided they meet the qualifying times, to trial on 13/14 August for selection in the swimming team to attend the Pacific School Games. Entries close on 3 August. For further information on how to enter please see the School Sport ACT website or phone Ms Thomas on 62095206.

*Cathryn Thomas*

## Queanbeyan Bus Interchange

Residents of Queanbeyan should now be aware that bus services are now operating from the new Queanbeyan Bus Interchange located in Morisset Street. This may have caused some changes to school services. Visit [www.qcitytransit.com.au](http://www.qcitytransit.com.au) for details.



# WANNIASSA NEWS

## Attendance Certificates

This week 87 students were awarded attendance certificates, recognising those who attended 100 per cent of school days in Semester 1.

There are often very valid reasons for why a student cannot attend school on a particular day. However, for those who have an unbroken attendance record for the semester, it usually takes a good deal of persistence and commitment not to miss a day of school. Good attendance provides the best possible chance of experiencing academic success and the certificates are usually looked upon favourably by potential employers as students seek part-time work.

This week's Parentingideas article "It's not okay to be away ... nor to be late to school" focuses on the importance of school attendance and punctuality and the role of parents in reducing absenteeism.

## After School Sport - Indoor Soccer

During Term 3 Indoor Soccer will run as an after school sports activity, available to all students in Year 7 to 9. This is again being organised by College Sports Captain Jamie Taylor with assistance from other Year 12 student volunteers and supervised by a staff member.

The sessions will run from Week 2 until Week 8 from 3.30pm to 4.30pm in the Wanniassa Campus gymnasium.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. All students are invited to participate regardless of experience or ability. Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Studywiz.

Students who have attained Bronze or Silver Status may count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

## Raise Happy Families Program

Increasingly children are experiencing anxiety and anger problems that impact on their well-being, their friendships and school results.

St Mary MacKillop College, has responded by putting in place programs to develop children's resilience and emotional capacities. However, the challenge to develop the skills of resilience and emotional intelligence in parents, so they can pass these on to their children takes time, experience and expertise to deliver.

Valuing quality parenting education, MacKillop is a member of Parentingideas. The team at Parentingideas have developed a series of online emotional intelligence training courses for parents.

The emotional intelligence course - Raise Happy Families begins soon. Based on the latest research the Raise Happy Families Program suits parents who want to give their children the skills to be happier, enjoy better relationships and experience more success at school.

Parents at MacKillop have the opportunity to participate in this program. A course information sheet for parents is included later in this Newsletter. You can find out more at the Parentingideas website [www.parentingideasclub.com.au/raise-happy-families-program](http://www.parentingideasclub.com.au/raise-happy-families-program) or telephone 1800 004 484. The Program begins on 27th July.



## New PC Teachers

Due to the changing circumstances amongst staff there have been some changes to Pastoral Care Teachers for Semester 2.

- 7E3 will now be taken by Mr Taichi Ishikawa
- 8EW will now be taken by Mr Gary Pickering
- 8W3 will be taken by Ms Helen Savvas from Week 3

## Status Awards

Congratulations to the following students who have this week been presented Status Awards at the Wanniassa Campus Assembly:

Bronze Status - Jacinta Camilleri (9A1), Oliver Duncombe (7W2), Lachlan Fisher (8F1), Monica Gair (7EW), Siobhan Grant (7E1), Alex Heggarty (7A1), Benjamin Hume (7A1), Abbey Jameson (9E2), Liam Johnston (8E1), Albin Jose Anil (8A2), Angelia McLeish (7A2), Nadia McNeill (7EW), Ryan Sullivan (7E2), Kathryn Wynter (7A2)

Silver Status - Breonie Main (9E1)

Gold Status - Tom Opie (9F2)

## Seasons for Growth - Parent Program

Seasons for Growth is a small group loss and grief program which aims to strengthen the social and emotional well-being of young people who are dealing with significant loss or change.

The Seasons for Growth Parent Program has been developed to meet the needs of parents supporting children and young people through family change and loss. The program provides an opportunity for parents to better understand the experience of death, separation and divorce from a young person's perspective, and to explore ideas and strategies that they may wish to consider as they support their children's transition through family change. It is a small group program for 6-12 parents. It is normally held over 2 x 2 hour sessions and is for parents only.

The College is planning to hold a Seasons for Growth Parent Program on Thursday August 27 and September 3 from 5:30pm - 7:30 pm. It is important that parents commit to attending both sessions.

If you are interested in taking part in the program or would like more information please contact:

Michelle Predovan: [michelle.predovan@mackillop.act.edu.au](mailto:michelle.predovan@mackillop.act.edu.au), 62090147  
Ruth Walton: [ruth.walton@mackillop.act.edu.au](mailto:ruth.walton@mackillop.act.edu.au)

*Lachlan McNicol  
Assistant Principal, Pastoral Care (Wanniassa)*

# CURRICULUM NEWS

## Maths @ Wanniasa

During Semester One 2015, the Maths Department introduced a Year 8 Maths elective called Creative Maths. The semester long elective was designed to provide students with an opportunity to explore Mathematics in creative and entertaining ways. Students who completed this elective opportunity (while still undertaking Year 8 Mathematics) investigated additional interesting mathematical concepts which are not the main focus of the Australian Curriculum. Student feedback indicated that they found the course both interesting and enjoyable and the students have also developed a new found appreciation of Mathematics within a real world context.

The main areas of focus for this year's course were geometry, code breaking and encryption, origami, logic, number systems and other interesting mathematical facts. Year 7 students will be making their elective choices for Year 8 soon and I encourage them to consider this entertaining and interesting course. If you would like further information about this initiative please do not hesitate to contact me on 6209 5237.

*Jonathan Chandra, Maths Coordinator (Wanniasa)*

## English @ Isabella

Congratulations to Mrs Judith Gazy on her successful presentation at the 2015 English Conference "Poetry, Post Modernism and Student Sensibilities". Her presentation was well attended, exceeding expected numbers, and was warmly and positively applauded by colleagues from all over Australia. Well done, Mrs Gazy, we are very proud of you!

Students need to be aware of a number of debating and public speaking competitions and opportunities available this semester. In addition, there are a number of writing competitions on offer. Students should see Mrs McLennan in B Block for details on these.

Finally, an important reminder that English tutorials are held every Tuesday afternoon from 3.20pm-4.20pm in the IRC. This is for all students in Years 10-12 and is primarily focussed on providing students with support for assessment.

*Nicola McLennan, Acting English Coordinator*



## Art Award

The Tuggeranong Rotary Youth Art Award was opened on Thursday 4 June at the Tuggeranong Arts Centre. Several students from Year 10, 11 and 12 had entered a variety of artworks ranging from painting to photography. Mikayla Hargrave from Year 12 was awarded the PhotoAccess Young Photographer's Prize for her works *Mystery* and *Curiosity* (pictured). Congratulations to all students who put their work forward as part of the exhibition to be viewed by the public.

*Fiona Bolton, Visual Arts*

# COMMUNITY NEWS

## St Anthony's Art fundraiser

St Anthony's is presenting an Indigenous Art Show at the Southern Cross Club, Woden, over 7-9 August. Proceeds will help support St Anthony's Sensory Playground Fundraiser. The artworks, which will be on sale, have been created by some of the Warklukurlangu Artists from Yuendumu. The open times are: 7 August 12-8pm, 8 August 10am-6pm, 9 August 12-4pm.

## Woden Valley Youth Choir

Join over 100 singers in three choirs as they perform at some of Canberra's premier events, including Carols by Candlelight, the Canberra International Music Festival and Voices in the Forest. Sing from a repertoire that includes Contemporary, Broadway, Folk, Classical and Sacred. There's sure to be songs you'll love to sing! Develop your musical skills and enjoy friendships to last a lifetime! If you are 8-21 come and join Woden Valley Youth Choir NOW! Applications for the next round of auditions close on 15 August. Visit [wvyc.org.au](http://wvyc.org.au) and fill in the form on the JOIN page.

## Lifecycle

Lifecycle is a community cycling event in its fourth year that raises awareness of the essential work of the Leukaemia Foundation and is raising funds towards the operation of a purpose built Village in Canberra that will provide care and accommodation for patients from the ACT/NSW region. This year the event will be held from 9am on Saturday, 24 October 2015. The event encourages riders of all levels to enjoy a leisurely cycle, whilst raising funds and awareness for the Leukaemia Foundation. This year's Challenge will include a host of exciting events - participate in our Guinness World Records attempt to break the current record of the longest single moving line of bicycles as riders do the "two bridges" loop around Lake Burley Griffin. For more information visit our web site [www.life-cycle.org.au](http://www.life-cycle.org.au).

## Building Resilient Children

A talk from psychologist Dr Michael Carr-Gregg on 'The 10 things parents should know to build happy and resilient children' will take place on 6 August at Good Shepherd School Hall, Amaroo, from 7pm. The talk is free. Contact Good Shepherd for information: 6255 7888.

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

# It's not okay to be away ... nor to be late to school



When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true. The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child. In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

### **That's not a reason to be away!**

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a

sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

### **Being late is not okay either**

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

**more on page 2** >>



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)





### ... It's not okay to be away ... nor to be late to school...

#### It takes strong parenting ...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Aunty is coming to visit!" Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

#### AS A PARENT:

- ✓ Commit to sending kids to school every day.
- ✓ Make sure kids arrive at school and class on time.
- ✓ Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- ✓ Consider catching-up on missed work.
- ✓ Make kids who are away stay in their bedroom – that is where ill kids should be.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



# Raise **HAPPY FAMILIES** PROGRAM

BUILD AN EMOTIONALLY INTELLIGENT FAMILY WITH THE FAMILY CHARTER



## Raise Happy Families Program – Build an Emotionally Intelligent Family with the Family Charter

Join experienced parenting educator **Michael Grose** for our **3-week online parenting program** where he'll give you the tools and the game plan to create a **HARMONIOUS family culture**, where parents and children feel **VALUED, RESPECTED** and **SUPPORTED**, all from the comfort of **HOME**.

### Session 1: What does a strong family look like?

We'll introduce you to the characteristics of strong, happy families and look at the parenting style best suited to strong family formation. You'll get an opportunity to reflect on and assess your family's strengths and your own parenting style. You'll also get the chance to produce your very own personal Emotional Intelligence Charter.

### Session 2: Introducing the Emotional Intelligence Charter

In this session we'll take you through the nuts and bolts of creating an Emotional Intelligence Charter with your family. We'll consider children's age differences and also provide fail-safe communication techniques that will enable you to sit down and formulate the charter together.

### Session 3: How to use the Emotional Intelligence Charter

In this session we'll look at how you can incorporate the Charter into your every day parenting. In particular, we look at some common scenarios where the Charter can be used to promote empathy and problem-solving with your children.

### Session 4: Review and revisit the charter

The Emotional Intelligence Charter is not a set and forget document. It's a powerful process that needs to be revisited and reviewed as your children develop. In this session we'll take you through the review and revisit processes so that your Family's Emotional Intelligence Charter is always relevant and up-to-date.

### BONUS Session: Conducting successful family meetings

In this extra session I'll show you how to conduct and use family meetings to improve communication, cooperation and conflict resolution skills in your kids.

**Join now for \$57 to take advantage of FREE access to Parentingideas Club before the course starts on 27 July.**

Or why not join **Parentingideas Club** for \$197 annual membership and get access to all the CLUB resources PLUS all 5 courses planned during the next 12 months.

**FIND OUT MORE** at: [www.parentingideasclub.com.au/raise-happy-families-program](http://www.parentingideasclub.com.au/raise-happy-families-program)

Or contact the Parentingideas team 03 59831798 [office@parentingideas.com.au](mailto:office@parentingideas.com.au)